

Nutrition Packet

AUGUST

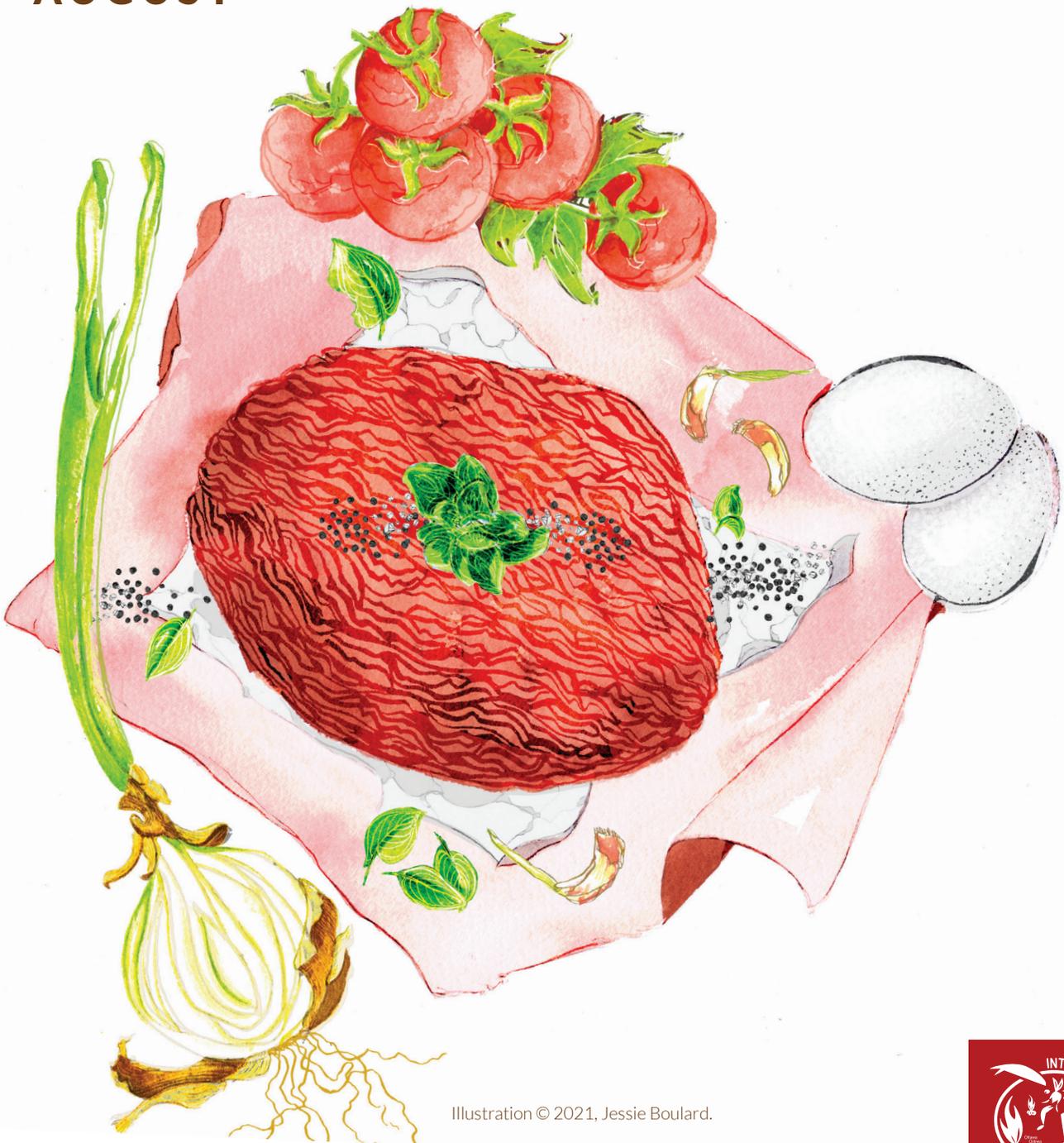


Illustration © 2021, Jessie Boulard.

Bison and Wild Rice Meatloaf

INGREDIENTS*

MEAT LOAF

- ½ cup **wild rice** OR 1 ¾ to 2 cups of cooked **wild rice**
- 2 Tablespoons **vegetable oil**
- 1 **onion**, finely chopped
- 3 cloves garlic, minced OR 3/8 teaspoon garlic powder
- ¼ cup **cornmeal**
- 2 **eggs**, beaten
- ¾ cup **tomato juice**
- 1 teaspoon each salt and black pepper
- 1 teaspoon oregano OR Italian herb blend
- 2 pounds **ground bison** OR 1 pound **ground bison** + 1 pound **ground beef**, thawed

BETTER THAN KETCHUP SAUCE

- 1 (15.5 ounce) can **tomato sauce**
- ¼ cup apple cider vinegar
- ¼ cup maple OR brown sugar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon ground allspice
- ¼ teaspoon salt
- 1 Tablespoon molasses (optional, but delicious)

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food.
2. If using uncooked wild rice, rinse the rice under cool water and place in a small saucepan; add 1 ½ cups of water. Bring to a boil and then reduce heat to simmer; cover and cook rice for 30 to 45 minutes or until tender. If using rice that is already cooked, measure out amount needed, and place into large bowl.
3. Preheat oven to 350°F. Chop onions and garlic.
4. In a heavy skillet, heat oil over medium heat and add the chopped onion and minced garlic. Cook and stir until onion is soft, about 5 minutes.
5. Place cooked onions and garlic into a large bowl and add the cooked wild rice, cornmeal, beaten eggs, tomato juice, salt, pepper and oregano. Mix thoroughly.
6. Add the ground bison, and beef, if using. Gently mix until well combined, do not overwork the meat mixture. Form into a loaf and place back into skillet, or another pan (see Notes). A thinner loaf or large patty will cook faster. Wash your hands after handling raw meat.
7. Bake for 30 minutes. In the meantime, make the sauce: in a small bowl, combine the tomato sauce, vinegar, sugar and spices; simmer gently for 10 minutes.
8. After 30 minutes of baking, spread ¼ to ½ of the sauce over the top of the meatloaf. Bake for an additional 30 minutes or until the internal temperature reaches 160° F. Let the meatloaf sit, covered with foil, for 10 -15 minutes before slicing. Serve with extra sauce.

NOTES AND IDEAS:

- Avoid overworking the meat mixture to keep the meatloaf from turning into a paste.
- Using the skillet to bake the meatloaf saves cleanup time.
- If you use two (2) loaf pans, or a broiler pan, spray with nonstick cooking spray OR cover with parchment paper OR foil, and set aside.

LINKS:

YouTube: <https://youtu.be/y7UZ5x9fgK0>

Instagram: https://www.instagram.com/tv/CRjYSOjncfw/?utm_source=ig_web_copy_link

Facebook: <https://fb.watch/v/VENCVPeH/>

Download: https://itcmi-my.sharepoint.com/:v:/g/personal/mwillette_itcmi_org/EaFbOCT3CxFKuijSdlqioMba1t0WJSDU-9JhMVR5dykhA?e=EK4Kd4

Summer Squash Scramble (serves 2)

INGREDIENTS*

- 1/2 **onion**
- 2 small zucchini OR yellow summer squash OR use one of each
- 1 Tablespoon **vegetable oil**
- 1 dash salt
- 1 dash black pepper

Source: LTBB of Odawa Indians FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Peel and dice onion into small cubes.
3. Wash zucchini and summer squash and dice into cubes.
4. Add vegetable oil to skillet and then add diced onions and squash. Cover and cook over medium heat until onion becomes translucent. This should about 3-5 minutes.
5. Sprinkle with salt and black pepper. Mix and serve.

NOTES AND IDEAS:

- This makes a great side dish to a protein food and a side of rice or pasta.
- You can add diced **green pepper**, fresh or canned mushrooms, canned and drained **hominy** or **corn** to this dish along with the zucchini and onion. This will increase cooking time.
- Add 1-2 eggs and scramble/mix into vegetables after Step 3. Cover and cook about two more minutes until eggs are thoroughly cooked.



Food Safety: Storing & Reheating Leftovers & Prepared Foods

Do you have leftovers or foods you prepared ahead for future meals? Properly storing and reheating these foods helps lower the risk of foodborne illness. Follow the guidelines below.

STORING LEFTOVERS AND PREPARED FOODS

- Wash your hands with soap and water before handling food.
- Bacteria in food are more likely to grow when the temperature of the food is in the “danger zone” between 40°F and 140°F.
 - To limit the risk of bacteria that can make you sick, refrigerate leftovers and prepared foods within 2 hours of cooking.
 - If the temperature is over 90°F outside, do not leave cooked food out for longer than 1 hour.
 - Throw away food that is not refrigerated within the safe time span.
- Store leftovers and prepared foods in small, shallow, airtight containers in the refrigerator.
- Label containers with the date the food was prepared before you refrigerate or freeze them.
- Do not stack containers of leftover food in the refrigerator. Stacking prevents cold air from circulating around the containers and slows down the cooling process.
- You can refrigerate small amounts of hot food right away because they don't take long to cool. Take extra care when storing large batches of leftovers or prepared foods that are still hot. Even in the refrigerator, they can stay warm for hours, and placing large containers of hot food directly into the refrigerator can warm the refrigerator to unsafe temperatures (above 40°F). See **Cooling Tips for Large Batches**.
- Many leftovers and prepared foods stay safe in the refrigerator for 3 to 4 days. See the sidebar **Is it Still Safe to Eat?** on the next page for information on specific foods.
- To store leftovers or prepared foods for more than a few days, freeze them in freezer-safe tightly sealed containers. Thaw frozen leftovers in the refrigerator or microwave (never at room temperature).

COOLING TIPS FOR LARGE BATCHES

Use 1 of these methods to quickly cool large batches of cooked food before you refrigerate them.

SPLIT INTO SMALL BATCHES:

- Cut roasts, turkeys, and other large pieces of meat into smaller slices (about 2 to 3 inches thick) before wrapping the food and placing it in the refrigerator.
- Divide large pots of chili, stew, and soup into small, shallow containers.

MAKE AN ICE BATH (GREAT FOR SOUPS AND STEWS):

- Fill a clean kitchen sink halfway with cold water and ice.
- Place the container of hot food into the ice water. (Warning: Do not use a glass or ceramic dish. It can break when the temperature changes quickly from hot to cold.)
- Stir the food occasionally to help it cool evenly.



Food Safety: Storing & Reheating Leftovers & Prepared Foods (continued)

IS IT STILL SAFE TO EAT?

Use the chart below to learn how long you can store leftovers or prepared foods in the refrigerator. Never taste food to see if it is still safe to eat—you can get sick from eating just 1 bite of spoiled food. When in doubt, throw it out.

TYPE OF FOOD (USE WITHIN)

- Cooked fresh vegetables (3 to 4 days)
- Cooked pasta (3 to 5 days)
- Cooked rice (4 to 6 days)
- Ham, sliced (3 to 4 days)
- Cooked beef, poultry, fish, or seafood (3 to 4 days)
- Soups, casseroles, and stews (3 to 4 days)
- Stuffing (3 to 4 days)
- Deli counter meat (3 to 5 days)
- Hot dogs, opened package (7 days)

REHEATING FOODS

- The texture and quality of food decreases each time you reheat it. Reheat only the amount of food you plan to eat right away.
- When reheating soups, stews, and sauces on the stove, heat them until they boil.
- Reheat meats and casseroles in the microwave or in an oven set to at least 325°F. Be sure to use microwave-safe or oven-safe dishes.
- Leftovers reheated in the oven or microwave must reach an internal temperature of 165°F. Use a food thermometer to check the temperature of the food.
- Stir food frequently when reheating to make sure it heats evenly.
- Allow microwaved foods to sit for 2 minutes after reheating. This time is necessary to bring the food to a safe internal temperature (165°F).

Feeding Your Family

With a little extra planning, your family can eat healthy snacks and meals while sticking to your budget. Here are some budget-friendly and healthy ideas.



HELPFUL TIPS

Always make a shopping list before you shop. Planning ahead saves time and money.

- When shopping with kids, try to stay focused and buy what is on your list. Have kids help select foods on your list to get them involved and distract them from asking for extra items that may not be on your list.
- Shop when you are not hungry. You will be less likely to buy things that are not on your list.
- Purchase prepared foods (like frozen dinners, packaged rice or pasta mixes, breaded or battered meats, and desserts) sparingly. They can be costly, and many are high in salt, added sugars, and unhealthy fats. Instead, find a few simple and healthy recipes that your family enjoys.
- Save time and money by making one meal for the whole family instead of cooking for each family member.
- Grow your own herbs and vegetables in your garden or window box.
- Have your kids help plan and prepare meals.

HEALTHY SNACKS

FRUIT:

- Fruits cost less when they are in season. For example, eat oranges in the winter and berries in the summer. Find a local farmers market to save even more money. Keep fruit that is not perishable in a bowl on the countertop so it is within reach.

YOGURT:

- Buy larger tubs of low-fat yogurt. Then divide it into 1-cup servings. Top with whole grain cereal, fresh fruit, or chopped nuts or granola. For children under the age of 4, nuts may be a choking hazard unless finely chopped.

EGGS:

- Keep hard-boiled eggs in the refrigerator for an easy grab-and-go snack.

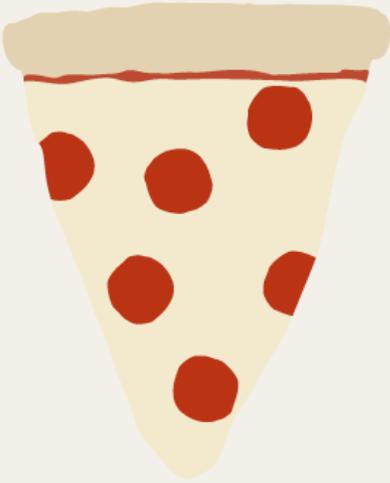
TRAIL MIX:

- Combine nuts and dried fruits with whole grain pretzels or whole grain cereal. Keep small portions in airtight containers.

POPCORN:

- Air-pop popcorn for a low-calorie, high-fiber, and inexpensive snack.





HEALTHY RECIPE SITES

Check these sites for budget friendly recipe ideas:

- Academy of Nutrition and Dietetics: www.eatright.org/food/planning-and-prep
- USDA, SNAP-Ed Connection: <http://snaped.fns.usda.gov/nutrition-education/recipes>
- What's Cooking? USDA Mixing Bowl: www.whatscooking.fns.usda.gov
- American Cancer Society: American Diabetes Association, Diabetes Food Hub: www.diabetesfoodhub.org
- American Heart Association: <http://recipes.heart.org/en>
- American Institute for Cancer Research: www.aicr.org/healthyrecipes
- Feeding America: <http://hungerandhealth.feedingamerica.org/healthy-recipes>

Feeding Your Family (continued)

MEAL IDEAS

BEEF STEW:

- Cook an inexpensive cut of beef (like chuck or shank) in a slow cooker with potatoes, onions, and other vegetables from your pantry or freezer. Make a double batch and freeze half for another week.

PASTA:

- Mix whole grain pasta with frozen or in-season vegetables and a tomato sauce. To save money, use canned tomatoes when fresh ones are not in season.

SOUP AND SANDWICH:

- Dish up warm bowls of bean, tomato, or chicken soup (look for lower sodium canned soups). Serve with grilled cheese or turkey sandwiches on whole wheat bread.

TACOS AND BURRITOS:

- Cook up some lean ground beef, ground turkey, or shredded chicken and add taco seasoning. Use soft corn or flour tortillas and fill them with the cooked meat; add veggies like corn, lettuce, and tomato; add pinto beans; and top with some grated cheese and salsa.

PIZZA:

- Purchase or make your own dough. Top with tomato sauce, vegetables, and low-fat cheese. To save more money, use leftover vegetables and buy a block of cheese to grate at home.

TUNA CASSEROLE:

- Make this family favorite with tuna packed in water and a can of lower sodium, fat-free creamed soup, such as mushroom or chicken. Save money by buying large (12-ounce) cans of tuna instead of several small cans. If you use cheese, use just a little (about 2 tablespoons per serving). This saves money and limits saturated fat and calories.

Manoominike Giizis – Ricing Moon

7TH MOON LESSON – AUGUST

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Manoominike giizis	Mah-new-mih-nih-kay-gee-zis	Ricing Moon
Niizhwaaswi	Nee-zhwah-swih	Seven
Manoomin	Muh-new-min	Wild Rice
Manoominike	Muh-new-mih-nih-kay	Go Ricing
Jiimaan	Jee-mawn	Canoe
Asiginan	Uh-sih-gih-nun	Gather up
Gichi-ogin	Gih-chih-o-gin	Tomato
Editeg	Aye-dih-tag	Fruit

*In the White Earth Indian Community, the 7th Moon is called Ricing Moon. What is the name for the 7th Moon in your community? Who would you ask to find out?

GICHI-OGIN (TOMATO) IS OUR RELATIVE

TOMATO NUTRITION INFO

- Phytochemicals in tomatoes provide vitamins and antioxidants.
- Antioxidants from fresh fruits and vegetables give us phytochemicals that balance oxygen levels in our bodies (to keep us from rusting).
- Tomato seeds are coated in a protective layer to prevent them from sprouting inside the wet tomato they are in.
- Soaking tomato seeds in water, for a few days, removes the protective coating around the seeds. Removing the coating prepares the seeds to sprout when planted.



13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

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